



Carol Ebert RN, BSN, MA, CHES

Certified Health Education Specialist

Mindful Coach Certification Trainer

USANA Health Sciences Silver Director

Registered Nurse

Owner and Operator, Countryside Estate Training and Retreat Center

Wellness Expert

Carol Ebert is an education specialist with a broad range of healthcare and corporate wellness experience. Much of her 30+ years as a professional have been spent in education and wellness, her true passion. She is a pioneer in the wellness movement and has had the challenge of integrating it into the current healthcare system - not an easy task. Many consider our present system to be the toughest area to implement wellness programs. Her persistent nature keeps the flame alive despite cutbacks, downsizing, merges and the rapid changes occurring in business today.

Carol has the gift of creativity which allows her to develop award-winning programs as well as shift gears quickly to adapt to whatever change is coming. She enjoys the challenge of today's unsettled workplace.

Master Teacher and Public Speaker

Carol is a master teacher, certified health education specialist, an expert in lifestyle management and an unstoppable creative force for organizational change. She is a sought after speaker for stress management, wellness, creativity, coaching and change management, and has taken her message to national audiences as well as those in England and Russia. Her love of travel has led her to develop continuing education course work for medical professionals on cruise ships. She is a high energy, action-oriented speaker with a contagious zest for life. Her message is relevant and compelling, her style personable, her approach - sincere. Humor, fun and audience interaction are on her agenda and her passion and enthusiasm for education and wellness is infectious.

Life Coach

With over 35 years of professional experience in healthcare, wellness and lifestyle improvement for businesses, schools and community organizations, Carol makes an excellent personal coach. She is a passionate promoter of people's potential - a cheerleader when you need one - a great supporter of those ready to make a change in their lives. Her upbeat and positive outlook on life is very contagious and working with Carol is always fun. She inspires people to work "creatively" through life's roadblocks to reach their highest goals and realize their dreams.

Career Summary

Over 35 years experience in wellness and prevention programming. 17 years nursing experience: clinical, military, school, college health, and private duty. Management experience as a director of a college health service and owner of small retirement community. Experienced platform speaker at regional and national conferences and for cruise lines. Adjunct instructor at Viterbo University teaching Creativity and Law of Attraction. Provider of continuing education for physicians and nurses. Expertise in stress management, wellness, creativity, personal coaching, accelerated learning, medical self-care, change management, law of attraction, real estate investing..

Experience

2005-Present: USANA Health Sciences #1 Nutritional Supplements, Independent Associate, Silver Director

2003-Present: Wellness Coach for Multinational Fortune 100 Company

1998-Present: Ebert and Associates - training, coaching, consulting

2002- Present: Adjunct Instructor Viterbo University, La Crosse WI teaching Creativity, Law of Attraction.

1984-2002 Wellness Education Specialist, Gundersen Lutheran Medical Center, La Crosse WI Developed and maintained projects that promoted healthy behavior. Assessed, coordinated, implemented and evaluated programs on time and under budget that met departmental goals and objectives for targeted areas. Areas included stress management, employee wellness including Healthy Investment Program (HIP); physical activities including Shoe Crew Walking Program, Kids Shoe Crew and annual Fall 15 Great River Walk. Other wellness and health promotion initiatives included Special Tuesdays community health education series, mid-life women's health programs, and employee health fairs.

1989-2000 Owner Countryside Estate, Sparta WI Owner and operator of a 15 bed state licensed community-based residential facility in Sparta Wisconsin. Applying extensive background in nursing and health education, facility met or exceeded health requirements for caring for the elderly. Provided necessary training for staff of twelve, keeping up-to-date with education requirements.

1977-1984 Health Service Director St. Mary's University, Winona, Minnesota Managed student health service. Supervised physician, nurse practitioner and interns. Coordinated and presented health education programs for staff, students and community.

1975-1977 Public School Teacher School District #6, Greeley, Colorado Provided health education instruction for middle school students, grades 6 and 7.

1971-1975 School Nurse School District #6, Greeley, Colorado Provided health services and health education for K-12 students.

1967-1970 Navy Nurse U.S. Naval Air Station, Memphis, Tennessee Provided nursing care to a variety of military patients and families, and supervised corpsmen.

Education

Master of Arts - Health Education
University of Northern Colorado, Greeley, CO

Bachelor of Science - Nursing
University of Wisconsin - Madison, Madison, WI

Licenses, Certifications, Memberships

Licensed Registered Nurse - Wisconsin, Minnesota
Certified Health Education Specialist (CHES)
Certified Mindful Coach, Graduate of Mindful Coaching Certification Program
Instructor, Mindful Coaching Certification Program
Certification in Motivational Interviewing
Completion of Certified Coach Intensive, Coachville LLC
Graduate of Stress Management Institute, University of Wisconsin, La Crosse
Specialist in Fitness Program Implementation - Institute for Aerobic Research, Dallas, Texas
General Teacher Certificate, Colorado Department of Education
Graduate of Leadership Development Program, Gundersen Lutheran Medical Center
National Wellness Institute, Member and Coordinator of Nursing Academy
Certified *Law of Attraction* Facilitator, November 2008

Publications

Wise Women Speak: Choosing Stepping Stones Along the Path (Author of chapter - Reinvent Yourself: Reflect, Review, Re-do, RENEW), 2003
One New Skill - Ten Great Benefits, Nursing Matters, September 2003.
I've Fallen in a Rut and I Can't Get Out: Life Coaches Can Help, Nursing Matters, October 2002.
Self-Learning System for CPR Mastery participant & instructor training manuals & videos, 1993
101 Creative Ways to Teach CPR - book, 1993
The Johnsons: AIDS Documentary - video, 1993
Winning Walks - audio tapes for walking, 1992
Swing Into Shape - exercise videos, 1989

Awards

2007 Teamwork Award – awarded to only ten people in the world, USANA Health Sciences
2007 Leadership Circle Inductee, Dr. Christiane Northrup's Team Northrup, USANA Health Sciences
2007 Service and Leadership Award, National Wellness Institute
2005 YWCA Outstanding Woman in Health Education award, La Crosse, WI
2004 Pioneer of the Year award, National Association of Women Business Owners, La Crosse WI chapter
2000 Healthy People 2000 National Health Information Award - Shoe Crew Walking Program
1997 1st Place Award: International Health and Medical Film Institute - The Johnsons: AIDS Documentary
1992 Merit Award: Wisconsin Governor's Council on Physical Fitness and Health - Shoe Crew
1990 Golden Apple Award: National Assoc. of Activity Professionals - Swing Into Shape exercise videos

Highlights of Presentations

Coaching: A New Direction for Nurses, Nursing Matters Career Expo 2003, January 16, 2003, Madison, WI
Retaining and Sustaining a Productive Workforce, Carnival Cruise Line, Sept 27-October 4, 2003, Continuing Education program for nurses.
Coaching: A Visionary Model for the Future of Nursing, October 16, 2003, Workshop for Wisconsin State Nurses, Madison, WI
Staying Elastic in an Uptight World, October 23, 2003, Women's Health Night, Sparta, WI
Mindful Coaching Certification Program, January 31-March 28, 2004, Countryside Estate Retreat Center, Nodine, MN
Midlife Women Don't Have to Have the Blues, Winter Interlude Women's Expo, March 6, 2004, Whitehall WI
Creating Your Ideal Life series, Western Wisconsin Technical College, April 1, 8, 15, 22, 2004, La Crosse WI.
Coaching: A New Vision for Communication, Relationship Building, Self-Empowerment for Nurses, UW Milwaukee, April 20, 2004.
The American Nursing Shortage: Is It Related to Wellness of Nurses? National Wellness Conference, Stevens Point, WI, July 13, 2004.
Coaching: A New Vision for Communication, Health Care Education Institute National Conference, Salt Lake City, UT, September 16, 2004.
Life: It's In The Balance, Healthy Nurse Summit, June 23-24, 2005, La Crosse Center, La Crosse, WI.
Mindful Coaching Certification Course, December-February, 2006, Meriter Hospital, Madison, WI
Facilitator and Instructor for Advanced Nursing Academy for Wellness, National Wellness Conferences, 2005 - 2008 Stevens Point, WI.
Coaching and Healthcare Preconference, National Wellness Conference, 2004, 2005, 2006, 2007, Stevens Point, WI.
Mindful Coaching Certification Course, January-March, 2007, Countryside Estate Retreat Center, Nodine, MN
Cardiac Patience: Lighter Side of a Heavier Topic, March 21, 2007, 29th Annual Long Island Nursing Education Conference, Melville NY
Dealing with Times of Change-A Wellness Issue, August 29, 2007, Lawrence University, Appleton, WI.
Gundersen Lutheran Hospice Team Retreat, October 11, 2007, Countryside Estate Retreat Center
Live, Love, Laugh and Work Too! October 25, 2007, Winona Health, Winona, MN
Life: It's In The Balance, National Marrow Donor Conference, November 3, 2007, Minneapolis, MN
Keys to Optimal Health, Westland Insurance Annual Meeting, December 6, 2007, Tomah, WI
Wellness Coaching for Nurses, Aurora Healthcare, Feb 7-8, April 10-11, 2008, Milwaukee WI
Life-It's In the Balance, St Joseph's Hospital, May 5, 2008, Marshfield, WI
Wellness Certificate Training for Nurses, National Wellness Conference, July 12-13, 2008
Vitamin School for Athletes and Active People, National Wellness Conference, July 14, 2008
Law of Attraction, Countryside Estate Retreat Center, Nodine MN, November 22, 2008
Law of Attraction for Improved Wellbeing, 3 Rivers Chiropractic, Onalaska, WI, December 2, 2008
Law of Attraction for Teachers, Milwaukee Public Schools, Milwaukee WI, December 7, 2008
Women and Wealth series, La Crosse and Onalaska, WI, April-May, 2009
Law of Attraction, National Wellness Conference, July 2009